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ABSTRACT OF THE DISCLOSURE 37 C.F.R. 1.77(a)(12)

A golf or divot practice mat, comprising a base element and a mark retaining surface operably secured or mounted to the base element. The mark retaining surface may be a no carbon required paper, carbon paper, or wax containing surface, and has one or more simulated golf balls imprinted thereon. The mark retaining surface may be secured to the base element by dowels, adhesives, hook and loop fastening material, or other fastening mechanism. A mark is left on the mark retaining surface from contact with the golf club head, which instantly records and characteristics a golf swing, position, and angle of contact with the simulated golf ball.